

# Forehead Lift

## Post-Surgery Precautions

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### Post-Surgery Symptoms & General Care

- Do not remove the surgical bandage; keep it in place as applied.
- Wear the forehead band for 1 week. On Day 1, wear it for 24 hours continuously. From Day 2 onward, wear it in the morning and evening for at least 1 hour each time.
- Sutures are typically removed 5–7 days after surgery.
- Swelling or bruising around the eyes is common within the first 7 days. This is a normal reaction. Follow the instructions for cold/warm compresses and use bruise cream as directed.
- Temporary dizziness or nausea may occur during the first few days. Taking additional medication such as Tylenol may help.
- Avoid smoking and drinking alcohol for 4 weeks after surgery.

### Medication & Diet

- Take prescribed medications exactly as directed.
- Do not take Aspirin for 1–2 weeks, or Red Ginseng, Omega-3, or Vitamin E for 1 week after surgery.
- If you are on Aspirin or anticoagulants for medical purposes, consult your primary physician before resuming them.
- For meals, avoid spicy or irritating foods immediately after surgery. Soft or liquid foods are recommended.

### Compresses & Lifestyle Management

- Apply cold packs to the surgical area for the first 3 days, then switch to warm packs starting on Day 4 to reduce swelling and bruising.
- Avoid bending your head down. Sleep with your head elevated on a higher pillow.
- Avoid strenuous exercise and refrain from touching the surgical site for at least 1 month.
- Light walking is encouraged to help reduce swelling.
- Saunas and steam rooms should be avoided for 1 month. Hair perming or dyeing is best delayed until 2 months after surgery.

### Shampooing & Hair Dryer Use

- Full shampooing is allowed from Day 3 after surgery. Wash your hair quickly and dry the surgical area with cool air immediately.
- Before Day 3, only wash the back of your head, avoiding the surgical area.
- For about 1 month after surgery, avoid rubbing or scratching the scalp too strongly when shampooing or drying with a hair dryer.

※ Please note that individual recovery may vary, and the guidance provided by your medical team may differ from the instructions above.